

I don't see the need to integrate questions of ecological sustainability or human sustainability into my career (or at least, it's not my priority).

A lot.

idéo

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I doubt my abilities to be able to do something for the climate or society through my career.

A little.

### Instructions

Ask the person to sort the "IDÉO" cards according to their degree of agreement ("Not at all," "A little," "A lot") with the statements they contain.

Ask the person to rank the cards with which they most agree.

In the order of the ranking made by the person, explain the dimensions represented and possible interventions (e.g., as described in the article: Rochat, S. (2021). "Éco-orientation » : quelles interventions pour quelles problématiques ? L'Orientation Scolaire et Professionnelle, 50(4), 537-562).

I tend to show myself as pessimistic about the future of the planet and humanity and to consider the worst for my career.

Not at all.

### Interpretation

<b>Lack of Motivation</b> <ul style="list-style-type: none"> <li>Lack of engagement</li> <li>Lack of confidence</li> </ul>	<b>Dysfunctional Beliefs</b> <ul style="list-style-type: none"> <li>Critical separation of life spheres</li> <li>Artificial separation of careers</li> </ul>	<b>Chronic Indecision</b> <ul style="list-style-type: none"> <li>Pessimism</li> <li>Anxiety</li> </ul>
<b>Lack of Information about the process</b> <ul style="list-style-type: none"> <li>Confusion between career and position</li> <li>Uncertainty about the path to follow</li> </ul>	<b>Lack of Self-Information</b> <ul style="list-style-type: none"> <li>Ignorance of personal goals</li> <li>Ignorance of personal resources</li> </ul>	<b>Lack of Information about Options</b> <ul style="list-style-type: none"> <li>Ignorance of career options</li> <li>Ignorance of future options</li> </ul>
<b>Internal Conflicts</b> <ul style="list-style-type: none"> <li>Arbitrariness between goals and actions</li> <li>Exclusive ambitions</li> </ul>	<b>External Conflicts</b> <ul style="list-style-type: none"> <li>Value mismatch between individual and context</li> <li>Presence of structural obstacles</li> </ul>	<b>Lack of Employability</b> <ul style="list-style-type: none"> <li>Desire for easy well-being</li> <li>Tendency toward avoidance</li> </ul>



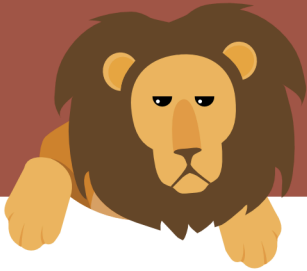
The anxiety related to the future of the planet and humanity paralyzes me in my career guidance approaches.



It's only through my work (or my private life) that I can have a positive impact on the planet or humanity.



I believe that only careers directly related to the environment or social issues can truly be useful to the planet or humanity.



I want to choose a career that is in line with my ecological or human values.



I don't know how to integrate the ecological or human sustainability dimension into my professional choice.



I struggle to target the ecological and human issues to which I could contribute through my career.



I struggle to conceive what resources I have to contribute to the protection of the planet or humanity.



I lack information about careers/training related to environmental or human protection.



I don't know what careers will disappear or be created in response to the climate and social crisis.





I aspire to live in accordance with my ecological and human principles, but I struggle to do so concretely.



I would like my career to contribute to changing the world.



I feel out of step with the values of the company where I work (or the institution where I study) regarding sustainability-related questions.



It seems to me that my ecological or human sustainability career projects are limited by factors beyond my control.



I fear that considering a career focused on ecological or human sustainability will diminish my current or desired level of well-being.



I tend to avoid questions that connect ecology or humanity with my career, because I feel powerless to face them.

